



## Go Hon Kumite

### Details

#### Left Foot Fighting Stance (Moto Dachi)

	Attacking		Defending	
1	Shuffle Forward	Left Upper Punch (Jab)	Slide Front Foot Back	Right Palm Block (Rear Hand)
				Left Upper Punch
2	Shuffle Forward	Right Middle Punch (Cross)	Slide Front Foot Forward	Left Lower Block
				Right Middle Punch
3	Shuffle Forward	Left Upper Punch (Jab)	Slide Front Foot Back	Right Palm Block
		Right Upper Punch (Cross)		Left Palm Block
				Right Upper Punch (Cross)
4	Shuffle Forward	Left Front Kick (Mae Geri)	Switch to Right Foot Fighting Stance	Left Palm Block
		Left Upper Punch		Right Palm Block
				Right Backfist
				Left Uppercut
5	Lunge Forward	Right Front Kick (Mae Geri)	Left Foot Steps Offline	Left Palm Block
		Right Upper Punch		Right Palm Block
				Right Backfist
				Left Uppercut